

[illegible]

4 An oil or fat composition comprising an oil or fat comprising 15 wt. % or more of
a synthetic fat and oil and 0.2 to 20 wt. % of a and edible solidifying agents, in particular
long chain fatty acids and/or long chain fatty alcohols, dissolved or dispersed in the
synthetic fat and oil is provided here, which can be used in the same way as usual oil and
8 fat in daily life to provide health benefits, while avoiding problems in appearance, taste,
heating cooking and the like in comparison with usual edible oil and fat.